

Strengthening Relationships

Professional Development Sessions Available


CatholicCare's Families & Communities Program now offer professional development sessions that focus on a range of topics to support professionals working with individuals, families or within communities.

We can discuss adaptation of sessions to suit different audiences and needs, and welcome ideas for further sessions.

Cost is indicative of total session cost, additional costs may apply for specialised session requests. Maximum numbers may apply and may differ dependant on session.

Trauma Informed Practice	Time	Cost
<ul style="list-style-type: none">• Understanding trauma and how it affects client's behaviours.• Introducing Trauma Informed Care/Practice.• Developing Trauma Informed reflective skills for own practice and organisational processes• Developing Self Care Skills• Using Trauma Informed Care/Practice with your clients• Understanding Trauma Informed Frameworks• Reflecting on how trauma affects our responses to our clients.	3 hours	\$360 + GST
Understanding Family and Domestic Violence (for employees)	Time	Cost
<ul style="list-style-type: none">• What do I bring to the discussion of domestic violence• Definition of domestic and family violence• Statistics of domestic and family violence• Recognise, respond & support	1.5 hours	\$180 + GST
Understanding Family and Domestic Violence (for leadership)	Time	Cost
<ul style="list-style-type: none">• How domestic and family violence can affect employees• How managers can provide support• How organisations can provide support• Supporting those responding to domestic and family violence	1.5 hours	\$180 + GST
Basic Skills for the Accidental Counsellor	Time	Cost
<ul style="list-style-type: none">• An overview of Mental Health Issues and how you might identify these in your work with clients.• Active listening and basic counselling skills• How to respond to sensitive and or distressing conversations in your day to day work• Maintaining appropriate boundaries with clients• Referral options• Reflective practice	4 hours	\$480 + GST

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Using a Strength Based Approach	Time	Cost
<ul style="list-style-type: none"> • What is a strength-based approach? • Why use a strength-based approach? • How does it work in practice? • Case example • Finding our own strengths 	3 hours	\$360 + GST
Boundaries and Confidentiality	Time	Cost
<ul style="list-style-type: none"> • Definition & types of boundaries • How boundaries are blurred or broken • How to maintain boundaries • Confidentiality and it's limitations 	2 hours	\$240 + GST
Understanding Mental Health	Time	Cost
<ul style="list-style-type: none"> • What is Mental Health? • Definitions • Mental Health Continuum • Common types of Mental Health problems and illnesses. • Psychological trauma • How Can I help? 	3 hours	\$360 + GST
Mental Health First Aid or Youth Mental Health First Aid	Time	Cost
<p>Standard Mental Health First Aid Equips adults with the knowledge, skills, and confidence to recognise, understand and respond to a friend, family member, co-worker, or another adult, experiencing a mental health problem or mental health crisis.</p> <p>Youth Mental Health First Aid Equips adults who teach, care for, or support young people with the knowledge, skills, and confidence to recognise, understand and respond to a young person experiencing a mental health problem or mental health crisis.</p> 	Multiple delivery options including F2F, Online & Blended	\$220PP + GST
Self Care	Time	Cost
<ul style="list-style-type: none"> • Areas of self-care • Proactive approaches • Stress and burnout • Strategies & Achievable ideas 	2 hours	\$240 + GST

For more information or to discuss how these sessions may work for you, please contact us via the online form by clicking [here](#) or using the QR code.

www.catholiccare.dow.org.au

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Scan QR code to access the online form

